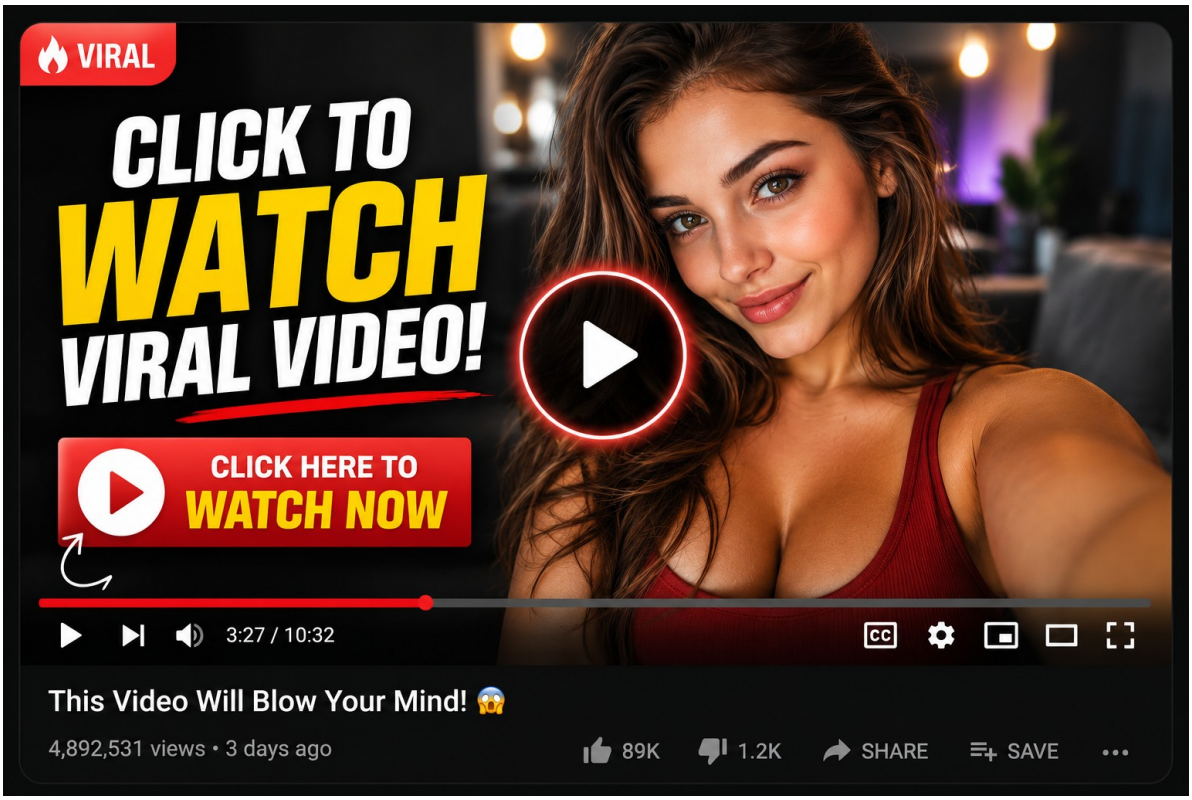175. htpps heylink me lyliavidioviralink